

# WALK AND TALK FOR MEN'S MENTAL HEALTH

England & Wales · Charity number 1207596

## Details

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Other names	WALK & TALK FOR MEN'S MENTAL HEALTH, WALK & TALK FOR MENTAL HEALTH, WALK AND TALK FOR MENTAL HEALTH
Status	Registered
Legal form	CIO
Registered	2024-03-25
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address 7  
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Leighton Buzzard  
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Email [walkandtalkmh@gmail.com](mailto:walkandtalkmh@gmail.com)

Website [www.walkandtalk.org.uk](http://www.walkandtalk.org.uk)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT, THE PRESERVATION AND PROTECTION OF GOOD PHYSICAL AND MENTAL HEALTH AMONG MEN AGED 18 YEARS AND OLDER WITHIN BEDFORDSHIRE, BUCKINGHAMSHIRE AND HERTFORDSHIRE, PRIMARILY THROUGH:A) ORGANISING WALKS AND RECREATIONAL ACTIVITIES THAT PROVIDE AN OPPORTUNITY TO SUPPORT THEIR MENTAL HEALTH AND ACCESS PEER SUPPORT;B) PROVIDING ACCESS TO MENTAL HEALTH RESOURCES AND INFORMATION;C) SIGNPOSTING TO APPROPRIATE MENTAL HEALTH SUPPORT/COUNSELLING WHEN REQUIRED.D) WORKSHOPS ON ASSOCIATED TOPICS TO SUPPORT GOOD MENTAL AND PHYSICAL HEALTH.

**Activities:** Promotion of good physical & mental health among men in Leighton Buzzard, through organising walks & recreational activities that provide support for their mental health & access to peer support; providing access to mental health resources and information; signposting to appropriate mental support/counselling when required; & workshops on associated topics to support mental & physical wellbeing.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability

## Geography

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- Bedford
- Buckinghamshire
- Central Bedfordshire
- Hertfordshire
- Luton
- Milton Keynes

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-04-01	£15,620	£4,529	-	-

## Trustees

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Name	Role	Appointed
<b>DAVID GRAEME NEWEY</b>	Chair	2024-03-25
Christopher Edward Wimshurst		2024-03-25
David John Chapman		2024-03-25
Iain Andrew Holloway-McLean		2024-03-24
Shaun Michael Pope		2024-03-25